

PRSRT STD
U.S. POSTAGE
PAID
LEOMINSTER, MA
PERMIT NO. 17

Massachusetts Department of Public Health
WIC Nutrition Program
250 Washington Street, 6th floor
Boston, MA 02108-4619



**Do you have a child under 5?
Are you pregnant or breastfeeding?**

WIC may be right
for your family. Call
1-800-WIC-1007



WIC Nutrition Program
Nutrition Division • MA Department of Public Health
TDD/TTY: 617-624-5992

USDA is an equal opportunity provider and employer.

**GOOD FOOD
and
A WHOLE LOT MORE**

Do you have a child under 5? Are you pregnant or breastfeeding?



Do you have MassHealth?

Most MassHealth members who are pregnant or have children under age 5 are eligible for WIC benefits and services.

WIC offers:

- Personalized nutrition consultations
- Checks for free, healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, immunizations, health insurance, childcare, housing and fuel assistance, and other services that can benefit the entire family

and A Whole Lot More!

Did you know...

- WIC moms receive prenatal care earlier and are healthier after delivery.
- Infants born to WIC mothers are less likely to be premature.
- Kids enrolled in WIC at early ages have better vocabularies when they reach 4 and 5 years of age.
- WIC families buy more nutritious foods than non-WIC families.

There's a WIC office in your community!
To find out more, call 1-800-WIC-1007.